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NEWS
WORTH
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SPECIAL EDITION THE YEAR AHEAD



HALIFAX 2015: ONE TO WATCH

'THIS IS A NOVA SCOTIA VOICE'

EL JONES

PAGE 4 — READ THE STORY ON THE LOCAL POET

PLUS, MEET 3 INFLUENCERS UNDER THE AGE OF 30

INSIDE:

- It's not enough to talk about sexual assault — we need action (Pg 12)
- Stephen Kimber on New Year's resolutions worth sticking to (Pg 22)
- Are we any closer to that far-flung 2015 envisioned in Back to the Future 2? (Pg 23)
- Folks, it's time for an etiquette lesson (Pg 30)

and more...

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Where to party like it's 2015

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Resolve to ring in the new year right at one of the many shindigs going down on Dec. 31



HALEY
RYAN

haley.ryan@metronews.ca

Thousands of people will flock to downtown Halifax for dancing, drinks and live music to celebrate the "last hurrah" of 2014, says one bar owner.

While some clubs and dances cost a little bit more ticket-wise and promise a whole evening of entertainment, there are options closer to the cost of a regular night.

"It's definitely worth coming downtown for it because it is a

Chance of getting a cab

0%

Remember to leave yourself time to catch a cab on the busiest night of the year, because calling one is not going to happen.

fun night out," said Mike Campbell of The Carleton Bar & Grill.

The Carleton will have bands like The True Love Rules (with Dave Marsh of Joel Plaskett Emergency) and The Navy Brats for \$15 at the door, while the city is throwing a free party in Grand Parade with live music and fireworks.

"New Year's Eve can be a fun and festive time, but it shouldn't cost you an arm and leg," Campbell said.

The Seahorse is celebrating the move to 2037 Gottingen

What's open/closed

Make sure you stock up on your favourite hangover cure before Jan. 1 because most retail and grocery stores in Halifax will be closed New Year's Day.

- Grocery stores, malls and Nova Scotia Liquor Corporation outlets throughout the Halifax

with Party Boots and Roxy and The Underground Soul Sound in the bottom floor, while the hits of the '70s and '80s will be upstairs in the Marquee Ballroom for Retro Night. A \$10 ticket gets you into both bars.

In the north end, \$15 gets you into the Halifax Forum for the Time Traveller's Ball featur-

region will be closed for the day, as will government offices and banks.

- Drug stores such as Lawtons and Shoppers Drug Mart are open on Thursday. Metro Transit buses will be operating on their Sunday schedules on the day as well.
- Many businesses are open regular hours on Dec. 31 and will resume them again Jan. 2.
- Garbage will not be collected on New Year's Day but on Jan. 3 instead. Check halifax.ca/recycle for an updated collection schedule.

ing a DJ dance, geeky drinks, a costume contest and games.

Pacifico and The Argyle also have special New Year's Eve dance parties on the go, while The Stubborn Goat is throwing it back to the 1920s with a Great Gatsby-themed party, prix-fixe dinner and dance for \$75.

The Olympic Community

Hall also features the The Mellotones and DJ Savory with tickets at \$50.

Halifax Transit is once again offering free and extended bus service on some routes and the Alderney ferry on Dec. 31 starting after 8 p.m. or so, but it's best to check the full schedule at halifax.ca/transit for details.

1
NEWS

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HALIFAX 2015: ONE TO WATCH

A strong voice for Nova Scotia

Interview. Poet El Jones on the importance of the arts and listening to everyone's stories

 **HALEY RYAN**
haley.ryan@metronews.ca

El Jones has a strong, steady voice built for carrying and coaxing stories from those who might not have "a seat at the table."

Jones, now in the last few months of her two-year position as Halifax poet laureate, said in December she has most enjoyed connecting with immigrants, sex workers, black Nova Scotians, homeless people, feminist groups and others through poetry because she brought the recognition of the city in a way she couldn't have on her own.

"It was a lot of those communities that didn't necessarily have a seat at the table that were supporting me," Jones said.

Jones and her parents, from Trinidad and Wales, moved to Winnipeg when she was young. She eventually came to study at

Dalhousie University in 2002.

Although she had written poetry before moving to Halifax, Jones said the local Word Iz Bond collective encouraged her first attempts at spoken word, which led to outreach projects and performing for groups who couldn't afford to pay much, but stepped up when others called her work "too political."

"This isn't a Winnipeg voice, this isn't a Trinidad voice, this is a Nova Scotia voice," said Jones, who doesn't disclose her age, but jokingly conceded it's "well under 40." "Everything I say and do is entwined with a community that loved and supported me, and that made it possible for me when nobody else really wanted to hear me."

Jones, now an author and instructor at Acadia and Dalhousie universities, said spoken word is just a person standing on a street or stage, which makes it so valuable to those without resources.

A prison inmate in Nova Scotia reached out to share his poetry, Jones said, then called in to the Youth Now Radio on CKDU and passed the phone to others who wanted to share their writing.

It was a free, much-needed



"There's all this literature and voice and story going on in places that we don't have access to if we don't go there," says El Jones. JEFF HARPER/METRO

way for inmates to work through emotions and gain confidence through sharing their work, Jones said, which could inspire education and a

job when they go home.

"That was so powerful in terms of what it really means to write to survive," Jones said. "What it means for literature to

enter people's lives."

Jones hopes the role of the poet laureate can change from honouring published poets to someone leading social change

Quoted

"It's a community that gave me my voice."

El Jones

through art. She's recommending the position become open to storytellers — making room for Mi'kmaq elders — and a new youth poet laureate role.

"There's all this literature and voice and story going on in places that we don't have access to if we don't go there, and they so badly need to be brought out," Jones said.

These are the people who make her want to stay in Halifax, Jones said, but it seems like businesses and institutions don't know how to invest in local people before they're forced to take off for bigger cities.

There's the attitude that "unless you've been away, you're not worth something," she said.

"There's no reason why we ... can't invest in each other," Jones said. "There's nothing better, there's no better people than what we have. It's all here."

HALIFAX 2015: TOP 3 INFLUENCERS UNDER 30

MacKinnon shoots and scores with hockey fans

Could there be a new No. 1 favourite hailing from hockey-mad Cole Harbour?

Sure, Nathan MacKinnon hasn't come anywhere close to reaching the stardom level of Sidney Crosby, but the former Halifax Mooseheads forward is turning plenty of heads at home and in the NHL — highlighted by the 19-year-old capturing the league's Calder Trophy as rookie of the year last season.

It's gotten to the point where there are as many people wearing Colorado Avalanche jerseys in Halifax as there are those sporting ones of Pittsburgh, as people root for their hometown boy.

But with great success comes greater expectations, and so far MacKinnon's



sophomore season in Colorado hasn't lived up to the hype.

He's struggled to find his offensive flare and found himself riding the pine at times due to poor play.

There's no questioning MacKinnon's talents and many will be watching in 2015 to see if he can regain the level of play expected of him.

But regardless of whether he returns to form, one thing is certain: Halifax hockey fans will be there cheering him on.

PHILIP CROUCHER/METRO

East Coast Lifestyle founder looks south

It's been nearly two years since Alex MacLean was selling hoodies on his mom's front lawn in Halifax, and now the 22-year-old behind the wildly popular East Coast Lifestyle brand has set his sights stateside.

MacLean, who created the brand for a project at Acadia University, said in a December interview it sometimes feels like it's been 10 years since he began in March 2013, but it's also been "very quick" with the clothes now in Pseudo and Below the Belt across Canada.

"I'm really, really proud of it. I never would have thought it would get this far this quickly," MacLean said.

Much of East Coast Lifestyle's marketing success is thanks to an active social media presence (the Facebook page has more than 200,000 likes), MacLean said.



and having celebrities like Ghostface Killah, Ed Sheeran, Sidney Crosby and many Boston Bruins wear the gear.

The focus for 2015 is switching designs to appeal to eastern Americans in New York, Boston and Florida and getting the clothes into chains there, MacLean said, as well as representing Canada in April at the Global Student Entrepreneur Award in Washington, D.C.

MacLean said he loves spreading awareness of Maritime culture and he hopes to live in Nova Scotia "forever."

HALEY RYAN/METRO

Comics writer Kate Leth on a roll

Nearly two years ago, Marceline helped start Kate Leth on her own adventure.

Leth, 26, originally went to NSCAD University for photography before working at the Strange Adventures comic shop in Halifax. She said her love of comics began as she explored titles in the store, and she started her own Kate or Die web comic.

A break came about two years ago when Leth said she was asked to write the Adventure Time graphic novel Seeing Red, featuring the vampire Marceline and based on the popular cartoon of the same name.

"I just kept getting writing jobs so that's what I do now," Leth said with a laugh in a December interview.

Her other Adventure Time novel, Bitter Sweets,



was just released and Leth is now writing Edward Scissorhands, Fraggle Rock and Bravest Warriors.

"I'm just really happy that they're all so different and so fun," she said.

There are multiple projects "in the pipeline" that have yet to be announced but are coming out in the next year or two, Leth said, and she is planning some original material for next summer.

She hopes to eventually work on animated shows, screenwriting and a book.

HALEY RYAN/METRO



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HALIFAX 2015: TRANSIT

Will better buses be on the agenda?

Halifax Transit. This car-free reporter has high hopes for the upcoming redesign

 **HALEY RYAN**
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The minutes tick by, but you keep checking the time as you crane your neck to see down the road a little further, searching for the lights of a city bus.

As a Haligonian with no car who has waited on many a late bus and been forced to take a cab, arrived late at appointments, or missed a bus that came early, I am looking forward to covering the details on how the upcoming Halifax Transit network redesign will change how we get around the city.

Staff are expected to come to the public for in-person and online consultation in January,



There are more than 300 Halifax Transit buses that drive around the city. JEFF HARPER/METRO

before the final recommendation comes to council in September.

Transit director Eddie Robar has said the consultation will involve maps, locations, and

frequencies of services so anyone can compare the trip they make now to what they would have on the new one.

Robar has also stated a transfer-based system (one

that involves shorter routes and multiple transfers per trip) isn't compatible with all of Halifax's population or geography, though it could be used in some areas.

As long as we get a design that improves the reliability of the bus schedule, hopefully including plans for a GPS system that allows you to track exactly where each bus is like in Ot-

By the numbers

312

conventional buses are now in operation.

33

Access-A-Buses are now in operation.

tawa, that's a huge step up.

Having routes that better connect, and ones that don't take roundabout ways through subdivisions to get to busy areas (try going from the Halifax peninsula to Bayers Lake in less than 45 minutes) would also be a welcome change.

Speaking of connections, I'm also looking forward to covering improvements to greenways, bike lanes, and intersections as Halifax's Active Transportation Priorities Plan rolls out over the next five years.

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HALIFAX

HALIFAX 2015: COUNCIL

Is this the right year for an argument?

Yes, probably several.
Halifax is dealing with issues that will come to a head in 2015

 RUTH DAVENPORT
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Maybe I've had one too many glasses of spiced rum, but I'm looking forward to covering City Hall and municipal affairs again in 2015.

Halifax is grappling with an identity crisis and more than a few issues related to its growing pains, some of which I expect to reach some milestones in the next year.

Being a city hall reporter can mean some long days and a lot of backaches, but it also gives me a front-row seat at council and committee meetings where decisions are made that affect the daily lives of Halifax residents.

Municipal bodies, which often include citizen representatives, debate everything from crosswalk safety measures to garbage collection rules to accessibility guidelines.

There will be lesser debates over the next year, but the city is grappling with a few big issues — some practical and some that touch more on attitude and identity.

On the practical side, we have some reckoning to do around the question of development, balancing heritage preservation, density, and good modern design. Key discussions are looming that will affect the balance of these three and ultimately shape the face that the city presents to the world.

We also have to struggle with the dearth of immigrants and international students choosing Halifax as their home. Regional council recently voted to move ahead

Quoted

"The city is grappling with a few big issues — some practical and some that touch more on attitude and identity."

Ruth Davenport, city hall reporter

with giving permanent residents the right to vote in municipal elections, and there's more urgency from business leaders about the need for further incentives. I'm looking forward to hearing bright new ideas of substance that speak to some real soul searching about our attitudes towards "come from aways."

Then there's traffic troubles, commuter rail, alternative energy, sexualized violence and crime. A lot of good conversations are underway in Halifax; I'm looking forward to seeing the next chapters unfold in 2015.



Everything from policies regarding the influx of immigrants to alternative energy options will be up for conversation at city hall in 2015. METRO FILE

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CANADA 2015: COURT

We saw a lot of big names land in court this year, which means there will be a lot of courtroom drama to watch in 2015. These are some of the major criminal cases to keep an eye on, according to Canadian defence lawyer Daniel Brown.



JESSICA
SMITH CROSS

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Sandro Lisi

Former Toronto mayor Rob Ford's friend and driver Alexander (Sandro) Lisi is expected to be go on trial for charges of extortion, as well as trafficking in marijuana, possession of the proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Lisi is accused of extorting Liban Siyad and Mohamed Siad in attempts to get the first Ford crack video.

There is no guarantee the public will get a chance to see the crack video in the course of the Lisi trial because it is possible it won't be used as evidence, Brown said.

Ford has been subpoenaed. "We can expect Rob Ford might come to court and testify, presuming he's healthy enough to do so," Brown said.

James Forcillo

James Forcillo is charged with second-degree murder and attempted murder in the July 2013 Toronto streetcar shooting death of Sammy Yatim.

His trial will be a rare one — a police officer charged with murder.

Yatim, 18, was allegedly holding a knife on an empty Dundas West streetcar when he was shot eight times. Cellphone video and surveillance video of the shooting have been seen by the public and spurred anti-police violence protests across the city.



TORSTAR FILE

5

High profile court cases to watch

Dellen Millard

Dellen Millard faces three counts of first-degree murder, including one for the death of Tim Bosma.

Bosma went missing after leaving his Ancaster, Ont., home to take the truck he was selling on a test drive. His burned remains were later found on Millard's farm.

Mark Smits is also charged in that homicide.

Millard is also charged with first-degree murder in the death of his father and the death of Laura Babcock, a friend who went missing in June 2012.



CONTRIBUTED

Jian Ghomeshi

The case against former Q radio host Jian Ghomeshi will make its way through the court system and may go to trial in 2015, said Brown.

Ghomeshi is charged with four counts of sexual assault and one count of "overcome resistance, choking" involving three victims.

Details of the case will be made public in the new year, but the identity of two of the women accusing him of sexual assault will remain covered by a publication ban.

The third, actress Lucy DeCoutere, requested to be named publicly.



THE CANADIAN PRESS FILE

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

New Year's Day

Please be advised that there will be no garbage, organics or recyclables collection services on New Year's Day, Thursday January 1st, 2015. Collection services for that day will be provided the following Saturday January 3, 2015.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection New Year's Day Thursday, January 1st, 2015	→	Collection will occur the following Saturday, January 3rd, 2015
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Energy East opposition

Pipeline giant TransCanada Corp. is aiming to link up to 1.1 million barrels a day of Alberta crude to export terminals and refineries in Quebec and New Brunswick through its \$12-billion Energy East pipeline. For about two thirds of the way, an existing segment of cross-Canada natural gas pipe will be converted to oil service, with new pipe to be built through Quebec and New Brunswick.

- The company filed its

regulatory application to the National Energy Board in October. Once viewed as one of the more politically palatable proposals on the table, opposition is quickly mounting to Energy East.

- The push-back has centred on anything from beluga habitat in Quebec's St. Lawrence River to the impact of the pipe conversion on gas consumers in Central Canada.

Quoted

"The locally affected communities are the ones where you're most likely to find people who care about it, but are also in a position to see both the benefits and the potential risks."

Michael Cleland, Nexen executive in residence at the Canada West Foundation on some of the groups that have been vocal about potential pipelines

CANADA 2015: PIPELINES



Protester Marija Brzve locked herself to a cement block with a bike lock on Nov. 20, 2014, as at least a dozen RCMP officers entered an anti-pipeline encampment in B.C. and started making arrests. JENNIFER GAUTHIER/FOR METRO

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Pipelines' futures are uncertain

'Social licence.'

Builders must go beyond obtaining the necessary permits

Once considered a rather ho-hum line of business, pipelines dominated much of the public discourse in 2014. In recent years, the debate has spread beyond the direct environmental impacts of putting steel in the ground into broader issues around anything from global climate change to First Nations rights.

Although proposed projects from Alberta's oil-sands to the east, west and U.S. Gulf Coasts made some progress over the past year, their prospects remain far from certain.

A near-halving in crude prices over the past six months has led to widespread belt-tightening in the oilpatch, calling into question future demand for new transport infrastructure.

But that's just one of the litany of challenges for pipeline builders seeking "so-

cial licence" to build their projects — measures that go beyond simply obtaining the necessary government permits.

Enbridge, for example, has had a federal permit to build its multibillion-dollar Northern Gateway pipeline to the West Coast in-hand since the summer, subject to 209 conditions.

But the pipeline has been met by considerable opposition and shovels are not going to hit the ground any time soon for the 525,000-barrel-per-day conduit that would connect oil-sands crude to the West Coast port of Kitimat, B.C., and from there to energy-hungry Asian markets.

Rather, Enbridge has been "re-engaging" with B.C. First Nations along the route, many of which have been outspoken opponents of the project, with concerns that potential spills would destroy the water or land on which they rely.

Pipelines have also been at the centre of a larger public debate about fighting climate change.

THE CANADIAN PRESS

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CANADA 2015: SEXUAL ASSAULT

Will talk translate into action?

Conversation. If we don't take action, we risk losing any progress we've made this year



ANGELA MULLINS
Metro in Toronto

Society is fickle.

It always has been, in a way, but we see it more today than ever before.

It used to take hours for news to spread across the country or around the globe, landing in your living room just in time for breakfast. Now, it spreads faster than a British Columbia wildfire during a drought.

As a result, the conversations we have often change just as fast. Outrage about government scandals blends into chatter about the best new meme blends into more outrage about whatever's

What it takes

Victims need to continue coming forward with stories that turn enough stomachs to hold our attention spans.

captured our short attention spans. We are like kittens working the production line in a glitter factory.

The conversation we had about sexual assault this year broke the modern-day mould.

Sparked largely by accusations now-dethroned CBC Radio icon Jian Ghomeshi used power to parlay violence, Canada's dialogue about what's right and just plain wrong in the bedroom, workplace and everywhere else didn't blend into anything else.

It was, for months, at the forefront of intense political debates, casual coffeehouse conversations and, perhaps most importantly these days, social media.

Hashtags like #BeenRapedNeverReported and #NoMore started trending on Twitter as a steady line of women stepped forward to declare they had been raped, felt up or treated like a sex toy.

Could it be that after decades of hushed back-room whispers about body shapes and less-than-consensual one-night stands that we had turned a corner?

Everyone hoped — and continues to hope — that's the case. Given our past behaviour, however, it's doubtful.

Remember the throngs of Hollywood stars who stood



Jian Ghomeshi leaves College Park court with his lawyers in November. The case has sparked a national dialogue on sexual assault.

COLIN MCCONNELL/TORSTAR NEWS SERVICE FILE

front and centre during the HIV/AIDS movement? How about all those moustaches proudly sprouted for Movember? Or the deaths of Michael Brown and Cpl. Nathan Cirillo?

All were, at some point in the very recent past, issues pushed to the forefront of a communal march toward a

better world. But, unfortunately, the fervor has died.

When was the last time you saw someone wearing an AIDS ribbon? Canada raised 45 per cent less for Movember this year than in 2013.

The #BlackLivesMatter hashtag, synonymous with Brown's death at the hands

of a Missouri police officer, is still being used, but it's hardly trending. After being gunned down on Parliament Hill, Cirillo is now being remembered as only one of many stories of 2014. Our conversation about sexual assault risks the same fate unless it moves from talk to action in 2015.

Promises by political committees dedicated to the topic need to be fulfilled, promises of more support for victims need to become reality and victims need to continue coming forward with stories that turn enough stomachs to hold our attention spans — over and over again.

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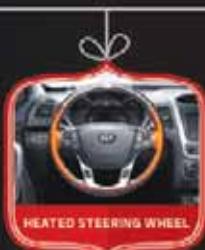
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WORLD 2015: INTERNET ACTIVISM

The tangled web we've woven



E-politics. The Internet has come into its own as a force for social change, both good and bad, and in this new world we'll all need to be brave

 MATT LAFORGE
matt.laforgue@metronews.ca

If 2013 was the year when, in light of the Edward Snowden disclosures, we finally reckoned with the true power of the Internet as wielded by governments and corporations, then 2014 was the year when, in light of the Woody Allen, Jian Ghomeshi and Bill Cosby affairs, GamerGate, and the anti-police-brutality protests — we reckoned with the true power of the Internet as wielded by civil society. (And then at year's end, of course, along came government's reply, in

the form of the Sony hacks, which the U.S. eventually confirmed were the work of North Korea.)

The lessons we've learned have been profound, and the anxiety and uncertainty that remain will, I believe, lead to major social changes in 2015 and beyond. I don't know what they'll be but I guarantee they're coming.

Above all, what we'll continue to come to grips with in the coming years is that the Internet can do more than merely supplement the processes of the brick-and-mortar world; it can supersede and even outright replace those processes.

A government can spy on you planting a bug.

A police officer thought to have committed an act of brutality can be identified, whether mistakenly or accurately, without his department releasing his name.

A man can be accused of being a sexual criminal, and be condemned by wide consensus

— attaining a measure of social justice for victims and families — without the authorities trying, convicting or even arresting him.

A major entertainment conglomerate can have its private documents made public and can be forced, under threat of violence, to bury a \$42-million movie without anyone breaking into the company's offices or so much as speaking to an employee.

On some level, we've known for a while now that such things were possible. But there's a difference between knowing something could happen and watching it happen.

When the primacy of certain institutions — the criminal-justice system, for one — is no longer taken for granted, value systems are reopened for debate. It's in periods of such flux that great progress stands to be made. The wide-open questions that face us heading into 2015: Who will progress and at whose cost?

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WORLD 2015: CLIMATE

Earth has an elephant in the room

Climate change.

Scientists' warnings have never been more urgent and humanity's response has never been less adequate



MATT
LAFORGE
matt.laforgue@metronews.ca

For most of 2014, news stories reporting climate scientists' findings about humanity's ongoing punishment of Earth's atmosphere, as well as their increasingly dire predictions about the severity of the damage on weather patterns, biodiversity and food supply that such punishment stands to inflict, appeared with the usual frequency (regular but not overwhelming).

These stories also ap-



Climate change gets more urgent with every year that passes without serious action on the part of the world's worst polluters. And there's no reason to believe 2015 will be any different. KATHY CRANE/NOAA/THE ASSOCIATED PRESS

peared in the usual media venues, and the comments from the carbon-counting eggheads bore the usual flavour of urgency (assertive

but polite, with a soupçon of held-out hope). But at a certain point in the year's latter months the conversation heated up.

First, in September, came the annual report from the Global Carbon Project. Predictably depressing results: emissions reached record levels in 2013, having increased by 2.3 per cent in 2013. Canada and the U.S. remain two of the world's worst per capita emitters. (The money quote, courtesy of one of the eggheads, was strikingly unequivocal: "There is no more time. It needs to be all hands on deck now.")

Then, in the year's final weeks, another summit, this one in Lima, which itself was only a prelude to yet another summit next year in Paris, ended with the 190 participating countries agreeing to a set of emission-reduction pledges that nearly everyone characterized as craven and watered down.

A few days after that, U.S. scientists released a report showing that the amount of vital sun-reflecting snow and

ice in the Arctic had reached record lows.

Summation: Things Got worse than ever in 2014.

Of course, the problem with saying that any one year's climate-change news is the worst yet is that it opens one up to charges of recency bias: It only feels like things got worse than ever in 2014 because 2014 is the year we happened to have just finished living, and human memories are short.

The problem with recency-bias charge, however, is that, because the causes of climate-change are cumulative, every successive year that doesn't produce a concerted international counter-attack is in fact and by definition the worst year in the history of the problem.

This issue will not go away in 2015. Right up to the moment when we decide to do what's required to make it better, it will only get worse.

Some of the culprits

The top carbon-dioxide-emitting countries, by worldwide rank, as of 2011, according to the U.S. Energy Information Agency.

- 1. **China:** Total emissions (in millions of tonnes): 8,715.31
Per capita emissions (in tonnes): 6.52
- 2. **United States:** Total emissions: 5,490.63
Per capita emissions: 17.62
- 3. **Russia:** Total emissions: 1,788.14
Per capita emissions: 12.55
- 4. **India:** Total emissions: 1,725.76
Per capita emissions: 1.45
- 9. **Canada:** Total emissions: 552.56
Per capita emissions: 16.24



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Cubans hope future is brighter than the past

The restoration of diplomatic ties between Cuba and the United States unleashed expectations of even more momentous changes on an island that often seems frozen in a past of classic cars and crumbling Art Deco buildings.

Following the surprise announcement, many Cubans expressed hope that it will mean greater access to jobs

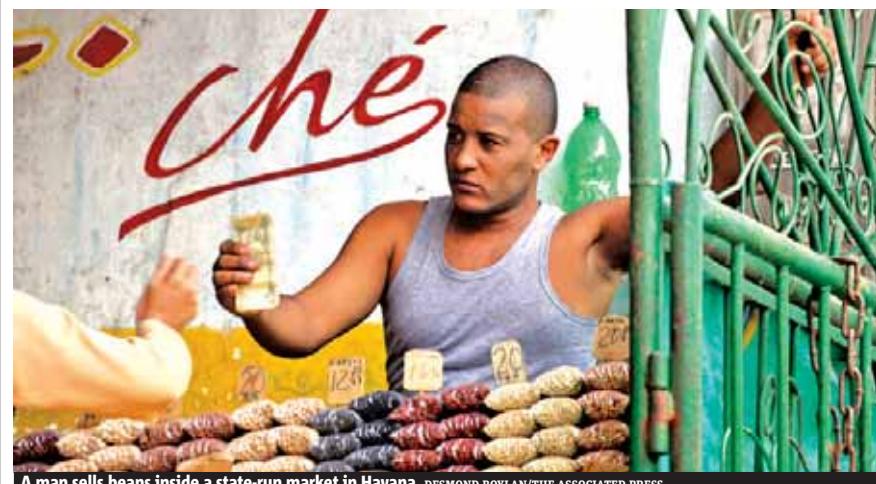
and the creature comforts taken for granted elsewhere, and lift a struggling socialist economy where staples like meat, cooking oil and toilet paper are often hard to come by.

That yearning, however, was tempered with anxiety. Some fear a cultural onslaught, or that crime and drugs, both rare in Cuba, will become common along with

visitors from the U.S. There is also concern that the country will become just another Caribbean destination.

That mix of optimism and concern was a common refrain among Cubans trying to digest the implications of such a seismic shift between the two Cold War rivals after more than half a century of bad blood.

THE ASSOCIATED PRESS



A man sells beans inside a state-run market in Havana. DESMOND BOYLAN/THE ASSOCIATED PRESS

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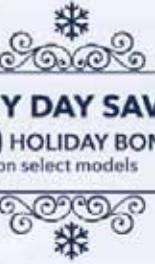
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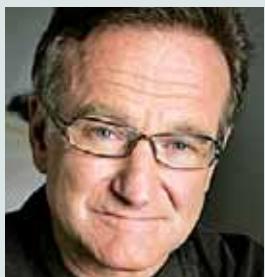
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WHO WE SAID GOODBYE TO IN 2014

A list of some of the newsmakers who passed away this year.

Robin Williams, 63

Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades. Aug. 11.



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Farley Mowat, 92

Master storyteller and tireless defender of nature and wildlife. He penned some 40 books, including *Never Cry Wolf* and *The Boat Who Wouldn't Float*. May 7.

Maya Angelou, 86

Author and poet who rose from poverty, segregation and violence to become a force on stage, screen and the printed page. May 28.



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Ariel Sharon, 85

Israeli general and prime minister who was both admired and hated for his battlefield exploits and ambitions to reshape the Middle East. Jan. 11.

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Philip Seymour Hoffman, 46

He won a best actor Oscar in 2006 for his portrayal of writer Truman Capote in *Capote* and created a gallery of other vivid characters, many of them slovenly comic figures. Feb. 2.



GETTY IMAGES

Mickey Rooney, 93

Pint-size actor and all-around talent whose 80-year career spanned silent comedies, Shakespeare, Judy Garland musicals, Andy Hardy stardom, television and the Broadway theatre. April 6.

Alistair MacLeod, 77

Prairie-born author who won the 2001 IMPAC Dublin Literary Award with his only novel, *No Great Mischief*. April 20.



THE CANADIAN PRESS

Mavis Gallant, 91

Montreal-born writer who carved out an international reputation as a master short-story author while living in Paris for decades. Feb. 18.

Shirley Temple, 85

Dimpled, curly haired child star who sang, danced, sobbed and grinned her way into the hearts of Depression-era moviegoers. Feb. 10.

Oscar de la Renta, 82

Worldly gentleman designer who shaped the wardrobe of socialites, first ladies and Hollywood stars for more than four decades. Oct. 20.

Ben Bradlee, 93

Hard-charging editor who guided The Washington Post through its Pulitzer Prize-winning coverage of the Watergate scandal and invigorated its newsroom for more than two decades. Oct. 21.

Joan Rivers, 81

Raucous, acid-tongued comedian who crashed the male-dominated realm of late-night talk shows and turned Hollywood red carpets into danger zones for badly dressed celebrities. Sept. 4.



THE ASSOCIATED PRESS

Jean-Claude Duvalier, 63

He presided over what was widely acknowledged as a corrupt, brutal regime as the self-proclaimed "president for life" of Haiti until an uprising sent him into a 25-year exile. Oct. 4.

Jim Flaherty, 64

The former Canadian finance minister was a fixture on the world financial stage who stepped down in March to return to the private sector. He was credited with helping get Canada back on track to a balanced budget following the 2008 financial crisis. April 10.



THE CANADIAN PRESS

Rubin (Hurricane) Carter, 76

Boxer whose wrongful murder conviction became an international symbol of racial injustice. April 20.



THE CANADIAN PRESS

Big Bank Hank, 57

Member of the pioneering hip-hop group the Sugarhill Gang, responsible for one of the most popular rap songs of all time, Rapper's Delight. Nov. 11.



THE ASSOCIATED PRESS

L'Wren Scott, 49

She left her small-town Utah home as a teenager to become a model in Paris, then a top Hollywood stylist and finally a high-end fashion designer known as the longtime girlfriend of Mick Jagger. March 17.



GETTY IMAGES

Casey Kasem, 82

Radio broadcaster with a cheerful manner and gentle voice who became the king of the Top 40 countdown with a syndicated show that ran for decades. June 15.

Tommy Ramone, 65

Co-founder of the seminal punk band the Ramones and last surviving member of the original group. July 11.

Lauren Bacall, 89

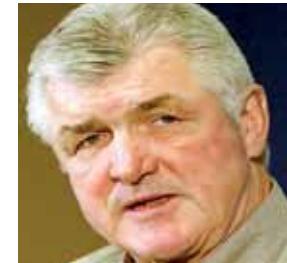
Slinky, sultry-voiced actress who created on-screen magic with Humphrey Bogart in To Have and Have Not and The Big Sleep — and off-screen magic in one of Hollywood's most storied marriages. Aug. 12.



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Olga Kotelko, 95

One of Canada's most accomplished track and field athletes with dozens of world records and medals to her credit, who passed away after suffering an intracranial hemorrhage. June 24.



THE CANADIAN PRESS

Bob Hoskins, 71

British actor whose varied career ranged from noir drama Mona Lisa to animated fantasy Who Framed Roger Rabbit. April 29.



GETTY IMAGES

Maxine Cochran, 87

Nova Scotia's first female cabinet minister. In 1985, she was appointed transport minister under then-premier John Buchanan. July 8.



THE ASSOCIATED PRESS

Pat McDonagh, 80

Award-winning Canadian designer whose legendary fashion career spanned more than half a century, after battling cancer. May 31.



HIROSHI YODA/TORSTAR NEWS SERVICE

Ralph Baer, 92

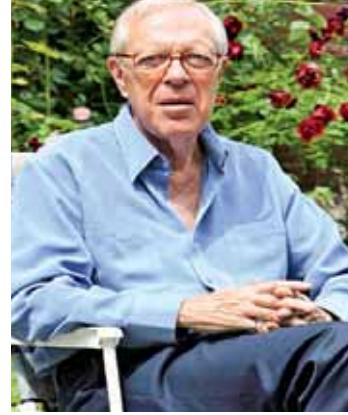
Video game pioneer who created both the precursor to Pong and the electronic memory game Simon, and led the team that developed the first home video game console. Dec. 6.

Buddy MacMaster, 89

The beloved fiddler who sparked a renewed appreciation for traditional Cape Breton music and inspired a new generation of talent. He was made a member of the Order of Canada in 2001 when he was formally recognized with helping lead a Gaelic renaissance, both in Canada and abroad. Aug. 20.

Knowlton Nash, 86

Veteran CBC broadcaster best known as anchor of late evening news program The National from 1978 until his retirement in 1988. May 24.



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VOICES

HALIFAX 2015: NEW YEAR'S RESOLUTIONS

RESOLUTION REVISION

In an effort to actually fulfil the promises he makes to himself, Stephen Kimber revamps his annual list with a pro-Halifax theme

 **STEPHEN KIMBER**
halifax@metronews.ca

I am good — one might even suggest excellent — at making New Year's resolutions. Lose weight. Become fit.

Clean out the accumulated mess in my basement and attic.

The good news is I never need to waste precious post-Christmas, pre-New Year's do-nothing hours contemplating what to include on my list for the upcoming year. I simply scan my old computer files: "New Year's Resolutions 2014." Or 2013, 2012, 2011, 2010 ... all the way back to a time before Steve Jobs.

The list doesn't change, probably hasn't since the year I scratched out my first I-will-be-better compilation on the walls of the cave. Lose weight. Become fit. Clean out the accumulated mess ... Rinse and repeat.

The problem is I am less good — one might even suggest abysmal — at keeping my resolutions. They rarely outlast the countdown to midnight, the singing of Auld Lang Syne, the morning after the night before.

So this year I resolve not to resolve the same old. I resolve to come up with a list of new resolutions I will not ... er, will keep.

1. Buy local. It's easy to get seduced by online deals and big-box prices that do nothing for our economy. We need to do



Inside our new Central Halifax Library on opening weekend in December. JEFF HARPER/METRO

stuff for our own economy. Read the Ivany report. (Resolution to self: Stop referen-

cing the Ivany report every second column.) This will, of course, necessitate eat-

Same old, same old

The good news is I never need to waste precious post-Christmas, pre-New Year's do-nothing hours contemplating what to include on my list for the upcoming year. I simply scan my old computer files: "New Year's Resolutions 2014." Or 2013, 2012, 2011, 2010 ...

ing at local-source restaurants while drinking Nova Scotia beer and wine. Who knew keeping resolutions could be so easy?

2. Take the bus. I can and should walk to work. But if more of us took the bus more often, transit services might finally improve, and then we'd take the bus because we want to.

3. Enjoy the city. It amazes me whenever I show off my city to visitors what a wonderful place it is — and how rarely I take advantage of all it has to offer.

4. Hang out. At the new library. On the waterfront. In Point Pleasant Park. On Spring Garden Road.

Will I actually keep any of these resolutions? I would like to think so. But I've been down this resolution road too many times before. I resolve not to worry about that. Happy new year!

New Year's resolutions for newsmakers as imagined by Rebecca Kohler

 **REBECCA KOHLER**
readers@metronews.ca

People who participated in the Ice Bucket Challenge: This year, we resolve to donate to charity without being tagged by a friend on Facebook. And this year, we will actually donate money, not just a video of ourselves in that cute bikini we bought in Vegas.

Don't tell anyone, but we didn't even put ice in the water. In fact we warmed it up and put lavender bath salts in it. We pretended it was cold, but it was actually really soothing.



Jian Ghomeshi: This year, I resolve to start

a really cool radio show about arts and culture. My only guest will be my mom and we'll broadcast from my childhood bedroom. If need be, I will relocate my studio to the Millhaven Institution.

Apple: Last year we released the iPhone 6, but that's old news — let's face it, it was old news five minutes after you bought it. (Sucker.)

This year, we resolve to launch the iPhone 10 — we'll release the 7, 8 and 9 quickly throughout the year but their batteries will only last for two months and we'll make sure their screens smash faster than Humpty Dumpty's skull.

The iPhone 10 will be nicknamed the



iPhone Large and will be the size of an iPad Mini but so thin you won't be able to see it. It will come with an app that eats money and can be purchased on layaway with your first-born child as down payment.

Ebola: In 2015, I resolve to do more traveling. I hear Iceland is gorgeous!

Renée Zellweger: In 2015, I resolve to not change my face. I won't get Botox, or chemical peels (maybe one) and I will love myself for who I am.

It's hard because the film industry makes me feel bad about myself, so I changed my face, but then they all made



fun of me so it's like, "What?"

No, but seriously, I'll just stick to moisturizer and maybe some Retin-A but no fillers. I mean, who am I, Meg Ryan?

Malala Yousafzai: I am honoured to have won the Nobel Peace Prize in 2014. I resolve this year to continue being one of the most inspirational people on the planet.

Perhaps in 2015 I will try improving the world further by posting a no-makeup selfie. I can only hope to be so brave.

Justin Bieber: 2015: Girls, peeing, mop-buckets, eggs, depositions, yo. Peace.



SCENE 2015: BACK TO THE FUTURE

Marty!! Are we any closer to trying your hoverboard?

Back to the Future

2 year is nigh. 2015 will bring us into the movie's future minus the DeLorean so let's do some comparisons

 **NED EHRBAR**
Metro World News in Hollywood

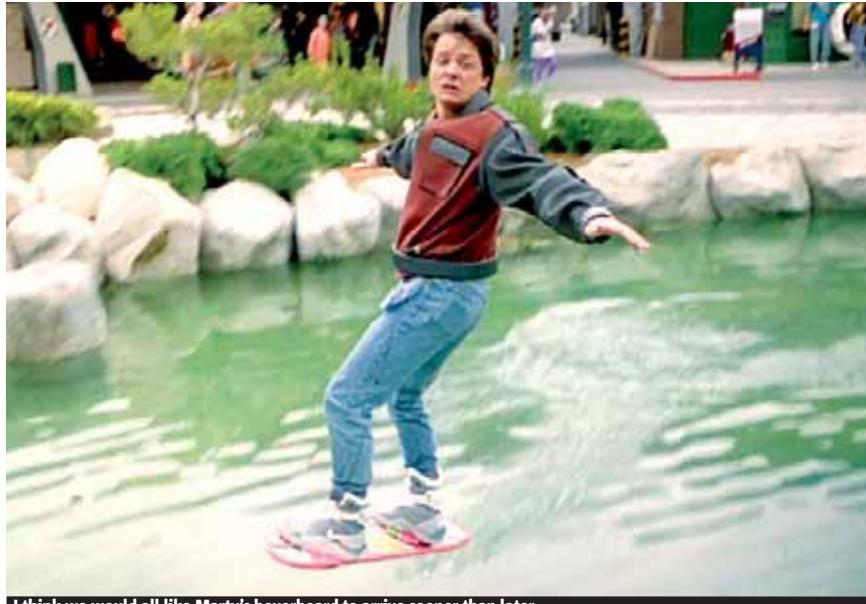
It's time, everybody. We're finally reaching 2015, the future presented in the 1989 sequel Back to the Future II that was full of auto-drying jackets, freeze-dried pizza and hoverboards. So now is about as good a time as any to take stock and see how we're doing with the technological advancements predicted in the film.

Hoverboards

It looked like we almost had this a year ago, but it turned out to be a Funny or Die hoax that Tony Hawk was in on. He's back again saying for real he's really tried one out, but we're finding it hard to trust again. Besides, if Segways never really took off, what hope do hoverboards have?

Flying cars

Possibly the biggest gripe people today have about the future we were all promised. Way to continue that wave of



I think we would all like Marty's hoverboard to arrive sooner than later. HANDOUT

disappointment, Back to the Future II.

Food hydrators

Still not sure exactly how this technology is supposed to rejuvenate and enlarge a hockey puck-sized frozen pizza, but that's beside the point. The film apparently predicted that Black & Decker would still be the reigning kitchen gadget company of the future. Boy, were they wrong.

Giant in-wall video conferencing

In the film, they basically combine giant home flat-screen TVs and Skype. They even had the foresight to predict the massive, industry-wide aspect ratio change to widescreen.

Nike Air Mags

Nike actually released a replica version of these totally boss high-tops in 2011, but they weren't actually self-lacing, so really what's the point? We're still bending

down to tie our shoes like our parents and grandparents.

Flying automated news cameras

This one's not that far off, actually, given the rise of consumer-level remote-control drones and GoPro cameras. So good work, movie.

Double neckties

Thank God these never caught on. The less said about this bizarre fashion choice, the better.

Tiring online pranksters

What gives, Internet?

For several years running, online pranksters have been following a bizarre pattern of behaviour: Taking the image of Doc Brown's upgraded DeLorean dashboard from Back to the Future II, modifying it to show a different date and posting it online with the breathless caption, "Today is the day Marty McFly travelled in time to the future!"

Only it's not. That day is Oct. 21, 2015. But that hasn't stopped countless Photoshop-happy fiends from misleading people on Twitter and Facebook, starting in 2010. It happens on a surprisingly regular basis, and the coming year will likely only see more of such antics.

The question remains, though: What's the point? There's really nothing to gain from duping people with this gag, and it gets disproved quicker and quicker each time. Yet still it persists. Our only guess is the reward is the pure, immature joy of manipulating others' gullibility and willingness to retweet things.

2
SCENE

TOP SIX@6
Weeknights at 6 Kat counts down the HOTTEST songs of the day

6	Hozier	Take Me To Church
5	Jessie J ft. 2 Chains	Burnin' Up
4	Megan Trainor	Lips Are Movin'
3	Taylor Swift	Blank Space
2	Sam Smith	I'm Not The Only One
1	Nick Jonas	Jealous

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SCENE 2015: MOVIES

10

Films not to be missed

We have to wait to see what indie and prestigious fare shake out of Sundance and the festival circuit, but you can mark your calendars with these now.



NED
EHRBAR

Metro World News in Hollywood

1 *Jupiter Ascending*.

Feb. 6

It's encouraging to know that after not nearly enough people gave *Cloud Atlas* a shot, Larry and Lana Wachowski aren't playing it safe. Instead, they're doubling down on the bizarre and grandiose science-fiction fare that they're known for. Give Channing Tatum's wolf ears a chance.

2 *The Last Five Years*.

Feb. 19

While this musical starring Anna Kendrick and Jeremy Jordan isn't necessarily the best date movie — it chronicles a couple falling in and painfully out of love — it's definitely a better Valentine's Day choice than *Fifty Shades of Gray*.



Anna Kendrick stars in the breakup movie *The Last Five Years*.
GETTY IMAGES



Jupiter Ascending, starring Mila Kunis, opens in theatres this February. HANDOUT

3 *Avengers: Age of Ultron*.

May 1.

Let's face it, all these Marvel movies are cool and all — and 2014's two entries were very, very cool — but it's all fun and games until Joss Whedon returns to the scene with the studio's flagship. Bonus points for James Spader voicing an evil killer robot. Even if you're suffering from Superhero Movie Fatigue, at least make room for the cream of the crop.

4 *Mad Max: Fury Road*.

May 15.

It's been a pretty depressing few years of attempted revamps of '80s action franchises — *Total Recall* and *Robocop* come painfully to mind, and yet another *Terminator* movie looks like the worst yet — but this? This gives us hope. Mostly because *Road Warrior* guru George Miller is behind the wheel. And because of that jaw-dropping trailer.



Chris Pratt stars in *Jurassic World*, opening next summer. THE ASSOCIATED PRESS

5 *Tomorrowland*.

May 22.

We're not really sure what's going on with this movie, and that's part of what makes it so exciting. George Clooney, a young female protagonist and Brad Bird directing? Count us in. Let's just hope co-writer and *Lost* alum Damon Lindelof doesn't let us down.

6 *Jurassic World*.

June 12.

This might be a terrible, terrible mistake, but we're willing to be cautiously optimistic. For now, at least. Director Colin Trevorrow's previous indie work gives us some hope, as does Chris Pratt on a motorcycle flanked by velociraptors. Come on, Pratt. Don't let us down.

10 *Star Wars: The Force Awakens*.

Dec. 18.

No other 2015 film really embodies the term "anticipated" quite like this one. The more bits of information J.J. Abrams lets out, the more secure we feel in its awesomeness. It's going to be one crazy Christmas.

9 *Spectre*.

Nov. 6.

The closer we get to the end of the year, the less convincing we need to get excited for big releases. Case in point: The next James Bond film, with *Skyfall* director Sam Mendes sticking around for another go. They've barely been filming a month and it's due in theatres in November. You've got to at least admire the work ethic.

8 *Pan*.

July 24.

Again, some cautious optimism. But director Joe Wright has earned the benefit of the doubt with his spectacular and varied work on *Pride and Prejudice*, *Atonement* and *Hannah*. But still, a "Peter Pan origin story" sounds like a very cynical, Hollywood idea.

7 *Inside Out*.

June 19.

Here's all you need to know about *Inside Out*. It's Pixar's first original movie in years, and it's about different personified emotions fighting each other for control of a young girl.



Pixar's *Inside Out* is out in June.
HANDOUT

Surviving the Walking Dead mid-season hiatus



NED EHRBAR
Metro World News in Hollywood

(Note: Spoiler alert!)

We're halfway through the fifth season of *The Walking Dead*, and the body count has been relatively low for the show, considering its history and the size of its cast.

Sure, we just lost Beth in rather dramatic fashion, plus Bob earlier in the

season and a whole bunch of Terminus cannibals. But come on, this is the zombie apocalypse we're talking about here.

While we wait for the series' return in February, let's look at who has the best chance of making it to Season 6. We're ranking the characters on a survival scale of one to 10, with one being practically already a Walker and 10 being safe and sound.

Rick Grimes

Yeah, he's not going anywhere any time soon, not since they reunited him with his baby in Season 5, but they haven't given him much screen time at all with her or Carl so far. Unless the second half of the season is Grimes-heavy, in which case maybe they're building up to a shocking finale.



Carl Grimes

Oh, come on, the boy? He's only just starting to come into his own, and his development as a hard-talking apocalypse survivor still has a lot of places to go. Still, if they really wanted to send Rick off the deep end ...

9

Tara Chamberlain

That sense of humour might just be what helps keep her around, as nobody else is making with the inappropriate wisecracks this group so sorely needs.



Sasha

She's really, really upset about Bob still — with good reason — and she's been giving a lot of steely-eyed stares lately. We could see her going down in a blaze of heroic glory once the show comes back.



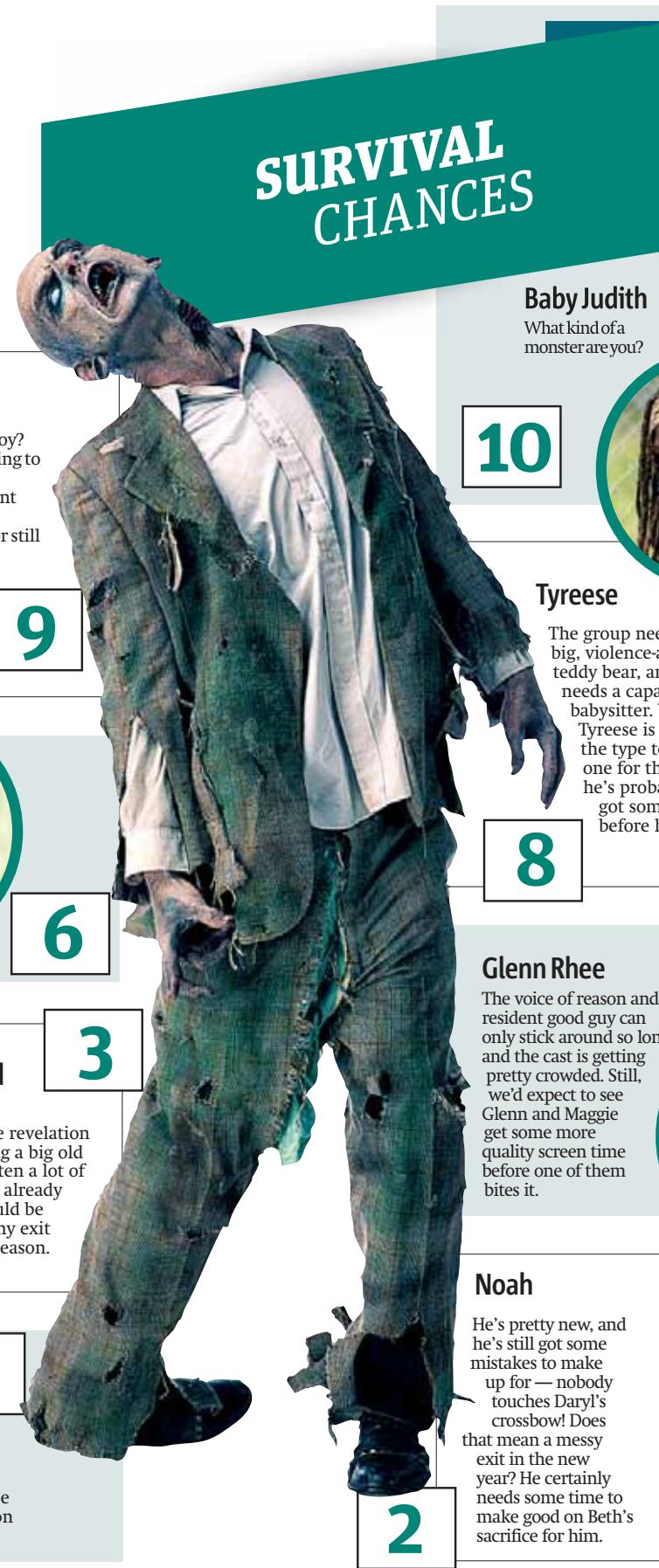
Abraham Ford

He's been through the ringer with the revelation about Eugene being a big old liar, and we've gotten a lot of back story for him already this year, so he could be primed for a splashy exit by the end of the season.

6
3
1

Father Gabriel

We're honestly surprised he's made it this far. Expect this character's one note to be played to its logical conclusion before the finale.



SURVIVAL CHANCES

Baby Judith

What kind of a monster are you?

10

Daryl Dixon

As much as Rick is the face of the show, Daryl is the heart — at least as far as diehard fans are concerned. If anyone's going to make it all the way through this show alive, it's him.

Michonne

As much of a fan favourite as Daryl, and she's taken too much of a backseat so far this season to kill off. Surely they wouldn't do that to us.



Tyreese

The group needs its big, violence-averse teddy bear, and Rick needs a capable babysitter. While Tyreese is totally the type to take one for the team, he's probably still got some time before he does.

8

Carol Peletier

Speaking of Daryl, so much work has gone into developing his boon companion Carol's character from battered wife to basically Rambo that she might have seemed to be headed for a heroic but tragic death. But then they put a lot of effort into saving her life and rescuing her in the last few episodes, so that would just be mean at this point.

5

Maggie Greene

We give her about the same odds as Glenn, but if it's any consolation it will probably only be one or the other.



Glenn Rhee

The voice of reason and resident good guy can only stick around so long, and the cast is getting pretty crowded. Still, we'd expect to see Glenn and Maggie get some more quality screen time before one of them bites it.

2

Noah

He's pretty new, and he's still got some mistakes to make up for — nobody touches Daryl's crossbow! Does that mean a messy exit in the new year? He certainly needs some time to make good on Beth's sacrifice for him.

Rosita Espinosa

She's gotten a fair amount of screen time in the first half of the season, and she's kind of occupying the same emotional and character space as a few others, so consider her back to have a big target on it going forward.

Eugene Porter

He's got to make up for that huge lie he got everyone to buy into, or at least he's a great source of tension within the group. He's a prime candidate.

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LIFE 2015: HOROSCOPES

What the stars

Aries (March 21 to April 20)

You are rarely slow to assert yourself, either in your personal life or in your career, and both the solar eclipse on March 20 and the lunar eclipse on Sept. 28 suggest you will be even more active and ambitious than usual this year. That's great — you are sure to go far — but don't forget that even an ultra competitive Aries needs to recharge their batteries once in a while. Jupiter's move into the well-being area of your chart on Aug. 11 will encourage you to take up some sort of relaxation or meditation technique. You will need it!



Taurus (April 21 to May 21)

Is there something you have neglected to do? More to the point, is there someone you still need to resolve certain issues with? According to the planets there is, and 2015 is the year to sort it out once and for all. Saturn's return to the relationship area of your chart in June will encourage you to do it. Jupiter in your fellow Earth sign of Virgo from Aug. 11 promises great things creatively and, yes, romantically, but only if you do something about all those emotional loose ends.



Gemini (May 22 to June 21)

Venus and Mars, the relationship planets, join the sun in the most adventurous area of your chart on Feb. 20, so if you are in the market for love you won't have to wait long to find it. Existing relationships will improve as well, especially if you make an effort to spice things up. Saturn in your opposite sign will bring challenges, especially in the closing months of 2015, but it will also bring opportunities to forge long-term alliances with serious people who balance your own carefree attitude to life.



Libra (Sept. 24 to Oct. 23)

Venus, your ruler, teams up with Mars in late February to create the perfect cosmic environment for love. If there is someone you want to get close to romantically, don't wait for them to make the first move — spell it out and let them know you think the two of you together would make the perfect couple. Career-wise July is the best month to let employers and senior colleagues know you want a better deal, or you will seek pastures new. Make your demands when Mars links with Mercury on July 16 — it's unlikely they will refuse you.



Scorpio (Oct. 24 to Nov. 22)

You have so many big ideas but you don't seem to be doing much with them. Why is that? Most likely it has to do with the influence of Neptune in the most creative area of your chart. Neptune is the planet of imagination but also indecision, so you tend to chop and change for no good reason. Happily, the influence of go-getting Mars will help you to decide what to focus on in 2015. Set your sights high, but more importantly don't change tack halfway through the year. Whatever you start, see it through to the end.



Sagittarius (Nov. 23 to Dec. 21)

Mars in the domestic area of your chart from mid-January to mid-February will help you get your home life in order, and it's important that you do so because later in the year your focus will be on more worldly matters — you certainly won't have time for family dramas. Jupiter spotlights career issues from Aug. 11 onward and it's quite possible that you will change jobs or even go back to school and study for a completely different line of work. It's never too late to move in a new direction.



SALLY BROMPTON
halifax@metronews.ca

hold for you

Cancer (June 22 to July 23)

Saturn in the well-being area of your chart means you need to pay more attention to your health — physical, mental and emotional. That may not sound like fun, but don't worry because with Jupiter moving into one of the more outgoing areas of your chart in August, the second half of the year will bring plenty of social opportunities. What happens around the solar eclipse on Sept. 13 will remind you that it can be just as much fun to travel as to arrive, especially when you are in charge of the schedule.



Capricorn (Dec. 22 to Jan. 20)

Capricorn may be cautious by nature but it is also a cardinal sign, and that means you always work toward a long-term goal. What happens between the solar eclipse on March 20 and the lunar eclipse on April 4 will bring into focus how successful you have been in turning your ambitions into concrete achievements, and you may decide on a top-to-bottom relaunch of your life. That may sound drastic but you don't see the point in doing things on a small scale. The bigger you think and act, the more you will accomplish.



Leo (July 24 to Aug. 23)

A family matter you thought had been amicably resolved will return to vex you this year — especially after Saturn moves back into the domestic area of your chart in June. This time there can be no half-measures — stamp your authority on the situation and insist that everyone follows your lead. You are nobody's fool, and anyone who thinks they can manipulate your emotions is in for a rude awakening. Treat yourself to a vacation around the time of the lunar eclipse on Sept. 28 — you will have earned it.



Virgo (Aug. 24 to Sept. 23)

The big news this year is the entry of Jupiter into your sign in August. Jupiter improves your lot on every level, but more importantly it widens your outlook on life, enabling you to see connections and possibilities where previously you could see only stumbling blocks and confusion. Mars in sympathetic Taurus from March 31 to May 12 is also an omen of bigger and better things to come, so start making plans and don't let the past limit you in any way, shape or form. Think of 2015 as a new beginning, and don't waste a single day of it.



Aquarius (Jan. 21 to Feb. 19)

When your ruler Uranus squares up to power planet Pluto in mid-March, you will be thrust into a situation that demands a speedy and decisive response. If someone has been taking advantage of your trusting nature, you must deal with them ruthlessly because you need to let everyone know that you are not a soft touch. The remainder of 2015 will be plain sailing and come November, when Mars moves into the most adventurous area of your chart, you may even be sailing for distant shores. Life should always be an adventure.



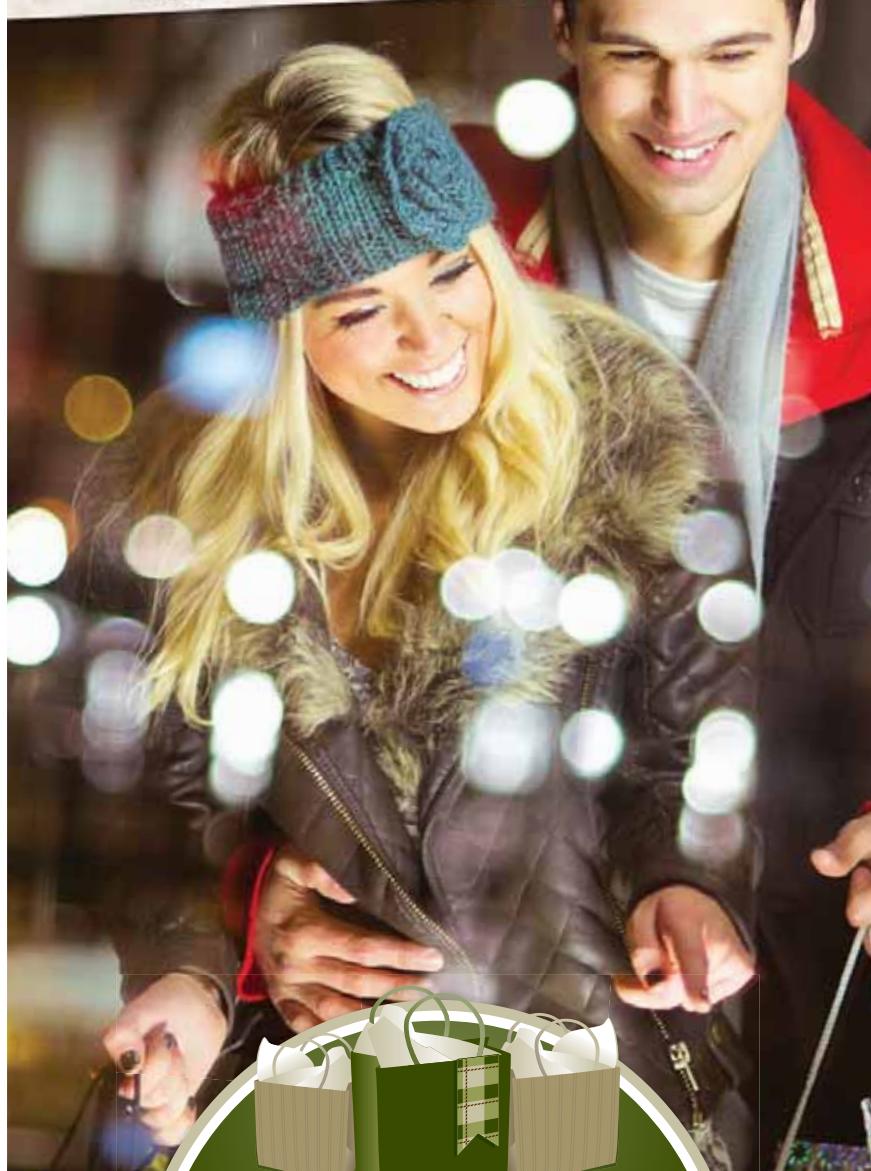
Pisces (Feb. 20 to Mar. 20)

Your self-assurance will increase this year — especially around the time of the solar eclipse on March 20, which only just falls in your birth sign but will still do wonders for your confidence. And that's good because people will be depending on you. The year's other solar eclipse on Sept. 13 suggests you will be called on to fill a leadership role, one in which you can use your intuition and compassion to bring together people who might otherwise waste time in needless competition. You sense it is time to leave the divisions of "us" and "them" behind.



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LIFE 2015: SOCIAL ETIQUETTE

If you didn't do it in 2005,
you shouldn't do it now**Bad behaviours.**

Internet culture has permeated our habits and changed how we treat each other — and not in a good way



KATE
CARRAWAY
For Metro

Looking for a New Year's resolution? OK, probably not. But you may have spent 2014 participating in one (or, let's be honest, *more*) of these bad, or just sort-of-bad behaviours. So here's what you might want to resolve to quit doing in 2015.

Public Transit

It's time for a definitive ruling on public-transit behaviour — especially mid-winter, when we're packed in more

than usual. Can we finally agree that it's always inappropriate to do any kind of grooming on transit?

The nail trimming obviously has to go (the fact that people do this at all will remain a mystery of my lifetime), but I'm also not thrilled to see hair being brushed or lips being glossed or, especially, perfume being applied.

Similarly, eating food — I'm talking takeout, sandwiches, anything with a scent and a personality — is giving

your fellow passengers a sensory experience they didn't ask for.

Sneaking a quick face-check via iPhone camera before arriving at your destination, or having a few bites of a granola bar, is permissible, but if you're really givin' 'er, rethink it.

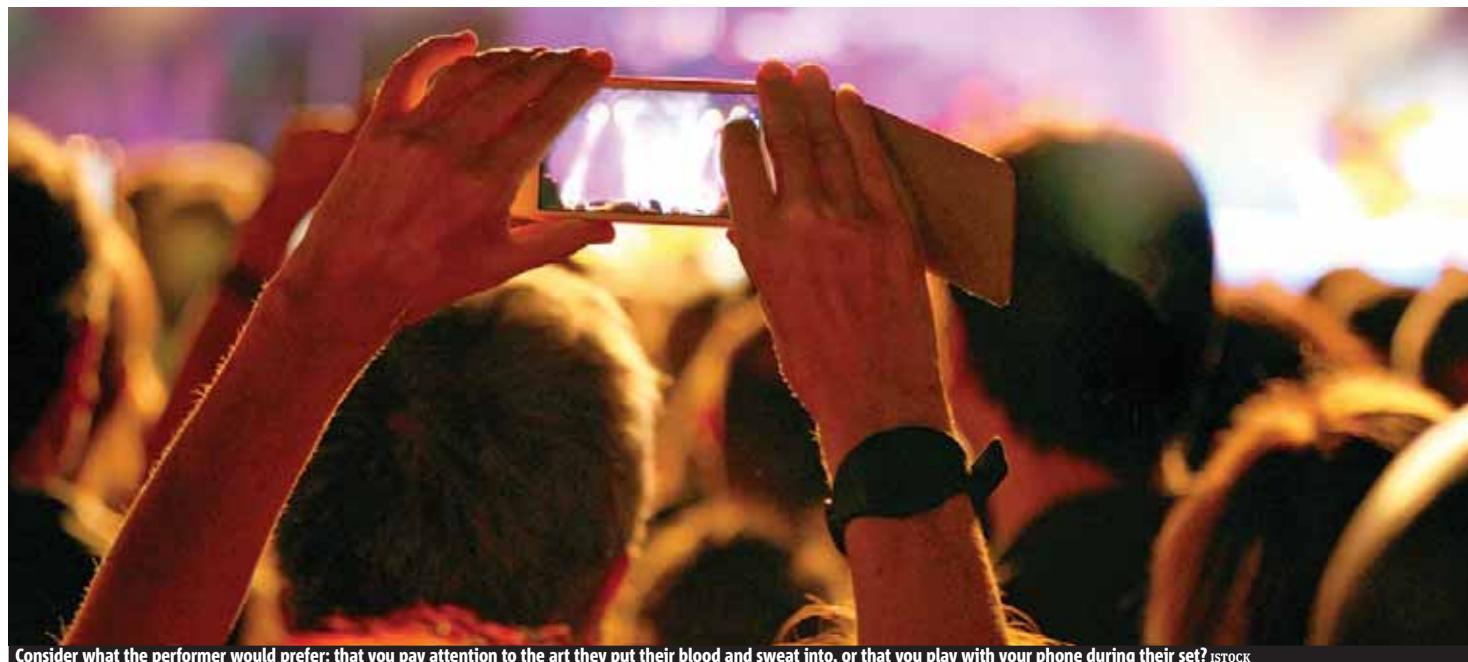
'Compliments'

Street harassment was a hotter-than-usual topic in 2014, in part thanks to that viral

video of a woman being cat-called as she walked around New York.

It probably came as a surprise to some people (men and women alike) that while just saying "hello" to someone on the street might be done with good intentions, it's not always taken that way (especially when it's the 10th thing a stranger has said to you that day).

It's easy to forget that everyone is having their own individual experience, and



Consider what the performer would prefer: that you pay attention to the art they put their blood and sweat into, or that you play with your phone during their set? iStock

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imposing ourselves on that experience through unwanted conversation of any kind is straight-up rude.

Let's resolve to pay attention to other people's signals, and not assume that everyone is up for a question, a compliment or even a "hi."

Posting

With so many news stories unfolding in real time and being posted on social media, there's a huge opportunity to do it wrong. Huge.

Before posting your opinion — especially if you know less about that issue than other people in your social networks — take a beat and ask yourself if you really have anything to contribute. If not, maybe do something else, something positive, with the instinct to weigh in.

Of course, we're all entitled to post whatever we want on our own pages, but good etiquette involves always thinking about how we're creating and affecting other people's experiences. Not adding something to an existing online cacophony is an easy, subtle way to be polite.

Phone Etiquette

In a movie theatre ...

My personal choice for No. 1 worst-ever phone-etiquette foul is using a phone, even just to look at it just for a second, in a movie theatre.

Here's the rule: It's just fine to text, check Twitter, whatever, during the previews, but that thing better be off — off-off — before the feature starts. The glow of the screen is super-obvious in a dark theatre, not just to people behind you, but to everyone on either side, all the way to the back. The only time it's OK to use your phone during a movie is if you're in the very back row, and no one else is. Got it? Good.

At a concert...
It's become common practice



Do you really need to add to the existing online cacophony? iSTOCK

To post or not to post

"Before posting your opinion — especially if you know less about that issue than other people in your social networks — take a beat and ask yourself if you really have anything to contribute."

in the age of smartphones, YouTube, Vine and Instagram to document the parts of life that weren't considered particularly notable even a decade ago, or the parts of life that are really better in the moment, like concerts or stand-up sets.

Taking one of a million grainy clips with terrible sound that end up on the Internet doesn't really have a purpose, anyway, and it's rude — to the performer, to the people you're with and to the rest of the audience — to ignore what's happening in real time.

Consider which the performer would prefer: That you pay attention to the art they put their blood and sweat into, or that you play with

your phone during their set?

On the street, or anywhere ...
Camera-phone culture means it's become common practice to take photos of other people, semi-randomly and without asking. Which is crazy!

Don't take a picture without first asking if it's cool, and definitely don't post a picture of someone else on the Internet. That anyone would ever do this, without the other person's permission, is evidence of how much Internet culture has permeated our habits when it comes to how we treat each other.

When in doubt in 2015, think of what you might have done in 2005 — or 1995 — for guidance.



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LIFE 2015: FOOD TRENDS



The REAL deal

If Loblaws is doing it, you know it's a trend that's here to stay. Consumers are choosing foods that are good for their health — looks as though we are finally getting the message that what we do today affects our bodies and quality of life tomorrow. We don't want to "treat" illness, we want to head it off at the pass. All President's Choice products are being (or have been) reformulated to remove artificial colours and flavours ... let the food improvement competition begin!



Your calf is grass

Grass-fed is where it's at. Full-on organic can be cost-prohibitive but we know the fat ratio (Omega 3:6:9) is in better balance when your animal is grass-fed. Not to mention the taste is more honest. With companies like Rolling Meadow rolling out grass-fed butter (tastes just like grandma's), yogurt and milk, and Natural Life Choices serving up grass-fed hot dogs, burgers and sausages, you can really go whole hog with the grassy trend.

2

Alternative protein

Let's face it, some of us find the gluten-free trend unappealing. But our high-carb, low-protein diets are killing us. Now protein is finding its way into everything, and perhaps the most comforting trend comes in the form of fresh pasta that is low-cal, high-fibre and high-protein — it's sweeping us off our feet. Look for Skinny Pasta in the refrigerated section of your grocery store and never look back.



5

ways to boost your health

Everything old is new again! As cultural disconnectedness grows, the search for comfort and cosy becomes more critical. Maybe that's why these coming trends are so reminiscent of the past.



Theresa Albert
myfriendinfood.com

Fermented friend

Keffir is the new Greek yogurt, for sure, but what else can you do (deliciously) to contribute to a healthy gut? Kimchi, sauerkraut and tempeh are all fermented foods that deliver other strains of probiotics and food to feed them with.



ALL PHOTOS ISTOCK

3

Rise of the humble sap

The whole world is hugging the maple tree as it turns its back on sugar. This sweetener is showing up in everything from yogurt to doughnuts, in spreads and coffees — meaning the humble sap is taking its place in the limelight. Wear a smudge of it on your cheek with pride.



4

Theresa Albert is a food communications specialist and Toronto personal nutritionist. She is @theresaalbert on Twitter and found daily at myfriendinfood.com

World juniors at home is the best gift of all

Five reasons why. This holiday season, watch the daring Danes, the frustrated Swedes and cheer on Canada's young guns

 KRISTEN LIPSCOMBE
kristen.lipsccombe@metronews.ca

With hanging wreaths and wrapping presents comes another important holiday tradition — world juniors. Here are five reasons to watch the 2015 IIHF world junior championship, starting Boxing Day and concluding on Jan. 5:

5. Daring Denmark

Denmark may not be the top team, but will be interesting to watch. The country has earned its way back into the world's best junior tournament after winning gold in the 2014 IIHF U20 World Championship Division I Group. The daring Danes are serious about competing, and they used the World Junior A Challenge, held earlier this month in Kindersley, Sask., as a warm-up. It's a family affair for head coach Olaf Eller, whose son Mads plays forward for him, and won the 2014 Memorial Cup with the Edmonton Oil Kings.



Team Canada players stretch at selection camp on Dec. 15 in St. Catharines, Ont. FRANK GUNN/THE CANADIAN PRESS

4. NHL star power

Many junior-age NHL players jump at the chance to wear their country's colours on the ice, and Canadian Anthony Duclair is no exception. The New York Rangers have released him so he can re-join Team Canada at the world juniors. Players such as Jonathan Drouin of the Tampa Bay Lightning, Aaron Ekblad of the Florida Panthers and Nathan MacKinnon of the Colorado Avalanche are staying in the big leagues.

3. Swedish vengeance

Sweden is sick of silver. After losing to the U.S. in the 2013

final and falling 3-2 in overtime to rivals Finland in last year's championship game, nothing less than gold will do for the frustrated-with-second-place Swedes. Perhaps more so for forward Jacob de la Rose and defenceman Robert Hägg, who represented their country at both of those world junior disappointments. They have a good chance of getting what they want. Both have also been improving in North America this season, de la Rose with the AHL's Hamilton Bulldogs and Hägg with the AHK's Leigh Valley Phantoms.

2. Russian Wildcats

Forward duo Ivan Barbashev

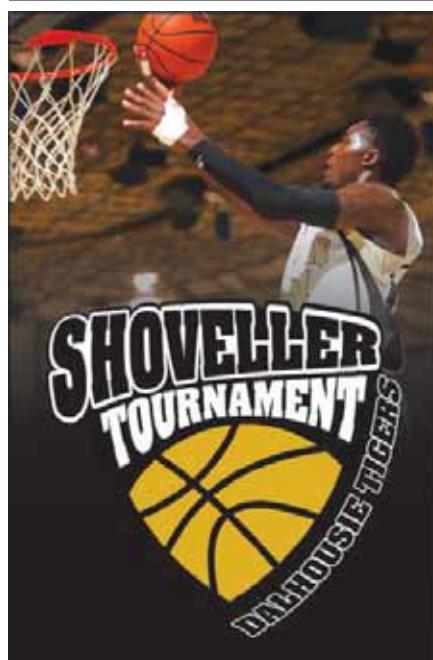
and Vladimir Tkachev aren't just teammates on their country's national junior team, they're also former teammates on the Moncton Wildcats of the Quebec Major Junior Hockey League. Yep, a couple of Russian kids have honed their skills together, in the middle of our Maritime provinces. Although Vladimir Tkachev was traded earlier this month to the Quebec Remparts, both like the QMJHL style of play and because of that experience, will be comfortable on the North American-sized ice surfaces in Toronto and Montreal. These two Q-league imports intend to improve on Russia's two straight bronze

medals, and reclaim gold-medal bragging rights.

1. It's at home!

Hockey folks know that fans in the stands can become the all important "seventh player" on the ice for the home team, so Canada has a clear advantage this year, since the tournament is taking place in Montreal and Toronto. Whether you're watching on your tablet or television, or seeing it unfold live at Bell Centre or Air Canada Centre, game action will be impacted by an awesome atmosphere, and your cheers for the red and white could make a difference on the road to gold.

4
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Game 4	8pm	DAL vs. MSVU*

SATURDAY, JANUARY 3

Game 5	1pm	LG1 vs. LG2
Game 6	3pm	LG3 vs. LG4
Game 7	6pm	WG1 vs. WG2*
Game 8	8pm	WG3 vs. WG4*

SUNDAY, JANUARY 4

Game 9	9am	LG5 vs. LG6
Game 10	11am	WG5 vs. WG6
Game 11	1pm	LG7 vs. LG8
Game 12	3pm	WG7 vs. WG8*

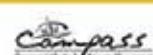
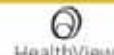
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Team Canada celebrates winning gold at the 2009 world juniors in Ottawa, the last time Canada won the top under-20 prize. It was Canada's fifth straight championship. TOM HANSON/THE CANADIAN PRESS FILE

Let's hope this year starts a medal feast

Peaks and troughs. Five golden years preceded five goldless years so a turnaround is due



CAM
TUCKER

cam.tucker@metronews.ca

For Canada, when it comes to winning gold at the IIHF world junior championship, it's been feast or famine.

The last time Canada won the under-20 tournament was 2009 in Ottawa. The late Pat Quinn was behind the bench. That capped off a run of five straight gold medals for the red and white, a feat the nation also celebrated in the mid-1990s.

But since Ottawa, Canada's world junior team has fallen on hard times. Five years without gold. No medals in each of the last two competitions. Break out the inevitable wisecracks about Canada needing a mass sum-

Details

Canada has been drawn into a tough Group A against the U.S., Finland, Slovakia and Germany in Montreal. Group B, played at Toronto's ACC, consists of Russia, Sweden, Czech Republic, Switzerland and Denmark. Here's a look at Canada's group stage games:

- Fri., Dec. 26 vs. Slovakia
- Sat., Dec. 27 vs. Germany
- Mon., Dec. 29, vs. Finland
- Wed., Dec. 31, vs. U.S.

mit of brilliant minds and big names to cure what ails our game and restore the nation's place in hockey greatness.

This drought isn't unprecedented, but you'd have to go all the way back to the early 1980s, the days of Soviet Union domination in hockey, when Canada had a run of two or more years of finishing without a medal.

This year's tournament,

starting Boxing Day, takes place in Toronto and Montreal — two of Canada's largest, most historic hockey markets. There's nowhere to hide. The pressure on Canada's junior team has always been great. It will be greater this time around. The feeling has long been anything short of gold in this tournament is a failure. Maybe that's unfair.

It's turned into a tradition for hockey fans coast to coast, tuning in during the holiday season, skipping work — sorry, "calling in sick" — to watch.

The world juniors have long since been a staple on TSN, and since that network lost its NHL broadcast deal, this tournament is sure to garner more focus from a television aspect, especially because, well, Toronto.

The last time Canada broke out of its gold-medal funk — back in 2005 — Sidney Crosby was on the team. The 2014-15 team has teenage phenom Connor McDavid. A sign, perhaps?



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Horoscopes by Sally Brompton
♈ Aries
March 21 - April 20

You may be desperate to get things moving again but don't jump the gun. You will get your chance to shine towards the end of this week.

♉ Taurus
April 21 - May 20

You will have to deal with someone's negative or emotional attitude over the next 24 hours. This is one of the best times of the year for you, so don't let anyone spoil it.

♊ Gemini
May 22 - June 21

You will be tempted to ignore a problem today in hopes that it will go away – and you are right to do so. This is one of those problems that is only a problem if you think it is a problem.

♋ Cancer
June 22 - July 23

Be careful what you say today because if you are not clear about your meaning someone could take your words the wrong way. Polish up your communication skills. You will need them this week.

♌ Leo
July 24 - Aug. 23

You have precious little to worry about but you may have to trick your mind into believing that is so. Focus only on good things over the next 24 hours.

♍ Virgo
Aug. 24 - Sept. 23

Snap out of thinking this isn't a great time of the year because some wonderful opportunities will come your way this week.

♎ Libra
Sept. 24 - Oct. 23

Try not to dwell on negative news. The planets warn you are taking a situation far too seriously. If it does not bother the people it most affects then why should it bother you?

♏ Scorpio
Oct. 24 - Nov. 22

This may be a confusing day on the work front as signals get jumbled. Ignore what others say you should do and follow your instincts instead.

♐ Sagittarius
Nov. 23 - Dec. 21

Your logic circuits don't appear to be functioning too well at the moment, so it might be wise to resist making any major decisions, especially where money matters are concerned.

♑ Capricorn
Dec. 22 - Jan. 20

Something tells you this is not a good day to take chances, not least because you find it hard to separate fact from fiction. Give it a few days and you can take all the chances you want.

♒ Aquarius
Jan. 21 - Feb. 19

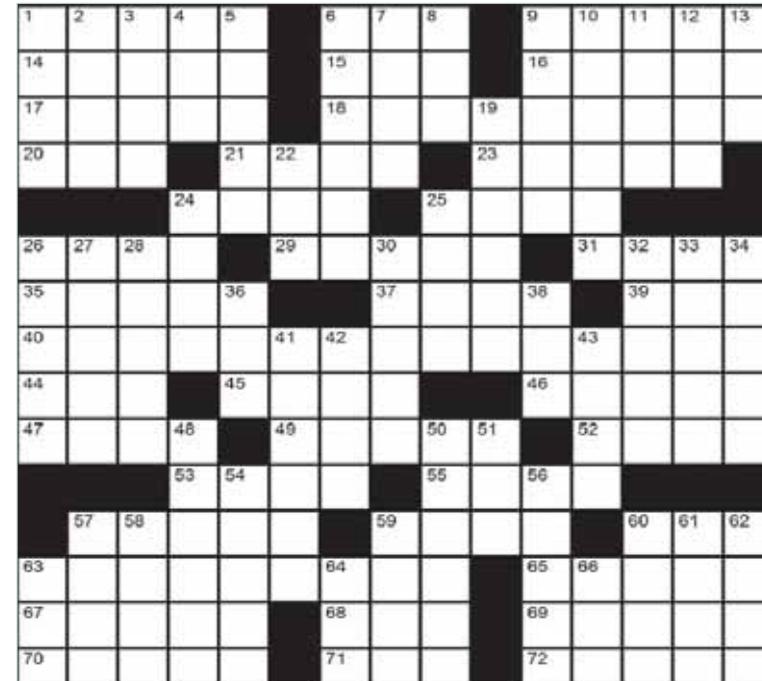
It's possible you could read too much into a normal situation today but that's better than pushing ahead with no thought for what could go wrong.

♓ Pisces
Feb. 20 - March 20

You are worrying about something. It could be you are imagining things but more likely your inner voice is trying to tell you something important.

Crossword: Canada Across and Down by Kelly Ann Buchanan
Across

1. December 26th: They draw customers to stores
 6. 4 qts.
 9. Comedian Drew
 14. Hero of Upper
 Canada, Sir ___ Brock
 (b.1769 - d.1812)
 15. 'Select' suffix
 16. Jane Eyre was her
 governess
 17. Laboratory dish
 18. Bargains: 2 wdws.
 20. Freelancer's encl.
 21. Move like a river
 23. Pup's protests!
 24. Soap brand
 25. ___aging cream
 26. The ___ (Nickname of Montreal's
 1976 Summer Olympics stadium)
 29. Type of snake
 31. Charity contributions
 35. Hasn't ___
 (Doesn't realize)
 37. Supplier for Wile E. Coyote
 39. Nodful word
 40. Boxing Day, to
 many: 2 wdws.
 44. Belonging to
 Sioux City's li'l state
 45. Nylons nick
 46. Lifetime series,
 "Devious ___"
 47. US crash-investi-
 gating agcy.
 49. Washer and ___
 52. Sailboat part
 53. Larger-than-life

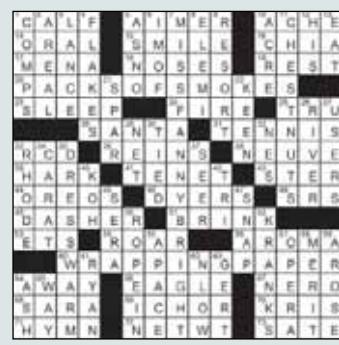


55. Coat, as with
 plaster
 57. Scottish comedian
 Mr. Ferguson
 59. Adhere
 60. Barenaked Ladies
 song: "Be My Yoko
 ___"
 63. Place to eat at the
 mall: 2 wdws.
 65. Lifeboat lowering
 crane

67. Sidewalk artist's
 tool
 68. City of Brazil, with
 Paulo
 69. Decree
 70. Canadian rock
 band, ___ Hatch
 71. Always, fancy-style
 72. Beverly Hills' ___
 Drive

Down
 1. Has the beverage
 bit-by-bit
 2. "...or to take
 arms against ___ of
 troubles..." - Hamlet
 3. Behind
 4. Head hearer
 5. Movie genre
 6. Richard Gere flick,
 "American ___" (1980)
 7. Profess

8. The Lion
 9. Military trainee
 10. George Clooney's
 sister
 11. Gather
 12. Building exten-
 sions
 13. Nod's meaning
 19. Go-getter
 22. Quebec locale,
 ___-Beauport
 24. Fasten, as shoe-

Dec. 24's Crossword

Online

See today's answers at
metronews.ca/answers


Conceptis Sudoku by Dave Green

How to play
 Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Dec. 24's Sudoku

4	8	6	1	5	9	2	3	7
7	5	2	6	3	4	9	1	8
9	1	3	2	7	8	4	6	5
5	6	4	9	2	7	1	8	3
8	9	7	3	4	1	5	2	6
2	3	1	8	6	5	7	4	9
1	2	5	7	8	6	3	9	4
3	4	8	5	9	2	6	7	1
6	7	9	4	1	3	8	5	2

5	1	9			
4					3
3				7	
			3	6	2
			8	1	5
					9
6			8	7	
				2	5
				7	9



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